

## CLAIMS

1. A gland for supporting one or more cables, comprising:  
an annular gland body defining a hollow passage that is open at either end; and  
a core that is insertable into and removable from the passage via at least one open end thereof, the core comprising at least two moveable compression members that are spaced from one another; a resiliently deformable member lying between the compression members; and a selectively operable actuator for selectively moving the compression members towards one another to compress the resiliently deformable material and cause it to bulge outwardly of the compression members, at least one of the core and the passage comprising defined therein one or more recesses for supporting a cable inserted in the passage, and the annular gland body comprising one or more formations to which a said cable inserted into the passage is securable thereby to permit insertion and removal of the core relative to the gland body without dislodging any said cable already inserted in the gland.
2. A gland according to Claim 1, comprising a plurality of the recesses and a corresponding plurality of the formations.
3. A gland according to Claim 2, wherein the gland body is circular in cross section and the recesses are in a circular pattern that is generally concentric with the gland body when viewed in cross section.
4. A gland according to Claim 1, wherein the or each said formation includes a protuberance projecting from a said open end of the gland body.
5. A gland according to Claim 4, comprising at least one said protuberance projecting from each said open end of the gland body.
6. A gland according to Claim 1, wherein the core and the passage together define the or each recess.

7. A gland according to Claim 1, comprising a layer of a resiliently deformable material on the inner surface of the hollow passage.
8. A gland according to Claim 1, wherein the gland body comprises two or more gland body parts that are hingedly secured one to another whereby the gland body is hingedly alterable between an annular configuration and a discontinuous, non-annular configuration in which at least two portions of respective said body parts are spaced from one another.
9. A gland according to Claim 8, comprising a fastener for selectively fastening the gland body parts in the said annular configuration.
10. A gland according to Claim 2, further comprising a rod received in one or more said recesses.
11. A gland according to Claim 1, comprising a flexible, elongate member received in the or a said recess and secured by a fastener to at least one formation, the core being received in the said hollow passage and the compression members compressing the resiliently deformable member to cause it to bulge outwardly of the compression members into sealing engagement with the flexible, elongate member.
12. A gland according to Claim 1, having one or more said cables inserted and secured therein.
13. A gland according to Claim 1, wherein profiled as an inlet or outlet of a cable splice housing.

14. A method of inserting one or more cables into a gland, comprising the steps of:

- (i) providing an annular gland body defining a hollow passage that is open at either end;
- (ii) providing a core that is insertable into and removable from the passage via at least one open end thereof, the core comprising at least two moveable compression members that are spaced from one another; a resiliently deformable member lying between the compression members; and a selectively operable actuator for selectively moving the compression members towards one another to compress the resiliently deformable material and cause it to bulge outwardly of the compression members, at least one of the core and the passage comprising defined therein one or more recesses for supporting a cable inserted in the passage, and the annular gland body comprising one or more formations to which a said cable inserted into the passage is securable thereby to permit insertion and removal of the core relative to the gland body without dislodging any said cable already inserted in the gland;
- (iii) as necessary, operating the actuator member so as to space the compression members from one another to allow relaxation of the resiliently deformable member;
- (iv) removing the core from the passage;
- (v) inserting one or more cables into the passage;
- (vi) securing the or each cable to a respective formation using a fastener;
- (vii) inserting the core into the passage so that the or each said cable lies on or adjacent the exterior of the core; and
- (viii) operating the actuator to cause compression of the resiliently deformable member until it bulges outwardly of the compression members into sealing engagement with the or each said cable.

15. A method according to Claim 14, comprising, before carrying out Step (vi), the step of placing the or each said cable into at least one recess.

16. A method according to Claim 14, comprising, before carrying out Step (vi), the step of inserting a rod into one or more said recesses.